



September 2019

Central Park School
Lunch

Student Lunch: \$2.40 Reduced Lunch: \$0.40 Adult Lunch: \$2.90

MONDAY

2

Labor Day - No School

TUESDAY

3



WEDNESDAY

4

- Crispy Chicken Sandwich
- Vegetarian Baked Beans
- Battered French Fries

THURSDAY

5

- Swedish Meatballs
- White Rice

FRIDAY

6

- Bella's Pizza 🍷
- Freshly Prepared Italian House Salad

9

- Sweet and Sour Popcorn Chicken
- White Rice
- Steamed Broccoli

10

- Cheeseburgers or Hot Dog
- Baked Fries
- Tossed Salad

11

- Grilled Chicken over Caesar Salad
- Sweet Corn

12

- Meatball Parm Hero
- Baked Fries
- Green Beans

13

- Personal Pan Pizza 🍷
- Freshly Prepared Caesar Salad

16

- Crispy Chicken Sandwich
- Tossed Salad

17

- Corn Dogs
- Vegetarian Baked Beans
- Oven Baked Sweet Potato Fries

18

- Cheese Steak Sandwich
- Tomato Soup

19

- Pancakes
- Hash Browns
- Sausage

20

- Bella Pizza
- Freshly Prepared Spring Mix Salad

23

No Lunch Service
All School Trip

24

- Chicken Quesadilla
- Black Beans
- Salsa

25

- Grilled Chicken Platter
- Mashed Potatoes
- Gravy

26

- Swedish Meatballs
- White Rice
- Peas & Carrots

27

- Stuffed Crust Pizza 🍷
- Freshly Prepared Jersey Fresh Cucumber & Tomato Salad

30

Rosh Hashanah-No School

Harvest Market: Fresh Vegetables, Featured Salads, Bean Salads, or Veggie Dippers Available Daily

SWAP Out Offered Daily: Cereal Bag, Peanut Butter and Jelly Sandwich, Grilled Cheese Sandwich

All Meals Served All Meals are Served with the Vegetable of the Day and/or a Selection from Mac's Veggie Patch, Assorted Fresh or Chilled Fruit of the Day, and Low Fat Milk Choice.

Nutrition Info 9-12 Our well-balanced lunches available for the week, average between 750-850 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

Nutrition Info K-8 Our well-balanced lunches available for the week, average between 600-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

Menus are Subject to Change The nutrient information is based on the manufacturer's food labels and may be subject to change without warning. For Carbohydrate Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.

EOE Statement Maschio's Food Services, Inc. is an Equal Opportunity Employer.

More Details: escmorris.nutrislice.com/menu/park-lake-school/lunch/

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